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The 22nd Annual

WALKagainst HUNGER

Sunday, May 1, 2005

The Hartford Financial Services Group
Hartford Plaza
690 Asylum Avenue, Hartford

A three-mile walk with refreshments, music and fun to benefit

FOODSHARE

"When hunger stops, so will we."

Join the Walk Against Hunger

Join thousands from across the region for fitness, fun, and the fight against hunger on Sunday afternoon, May 1st, 2005.

The Walk Against Hunger is a three-mile walk which begins at The Hartford's office park in Hartford's historic west end. Walkers collect donations and turn them in on walk day at check-in before the walk starts. The start/finish point features music and festivities. The three-mile walk features two stops where walkers can rest and enjoy refreshments.

Every $10 you raise helps Foodshare distribute $100 worth of food to help our hungry neighbors. Proceeds from last year's Walk Against Hunger — $275,000! – helped Foodshare to distribute $2.75 million worth of food. Help us reach our goal of $300,000 this year so that Foodshare can distribute $3 million worth of food.

Why? Hunger in our community is more serious than you may think.

- For 22 years, Foodshare, the regional food bank, has worked to end hunger.
- Foodshare collects food that would otherwise be wasted and distributes it to nearly more than 300 soup kitchens, food pantries, and shelters in Hartford and Tolland counties.
- In the year 2004 Foodshare distributed more than 9.3 million pounds of food--nearly 13 tons of food a day.
- More than 100,000 people in Hartford and Tolland counties relied on receiving this food from emergency programs to feed their families.
- Of those needing food, 40,000 were children.
- 9.3 million pounds of food sounds like so much, but divided up among 100,000 people, it is only 93 pounds of food per hungry person per year. The average person eats about three pounds of food a day; 93 pounds of food is about four weeks of meals for one person but one week of meals for a family of four.
- Last year Foodshare and its partner agencies faced increasing demand for food and more hungry people struggling to feed their families. Some area food pantries and assistance programs reported increased demand of up to 70% from the previous year. More people are faced with unemployment, higher utility bills and cost of living expenses, forcing them to choose between paying bills and buying groceries.

For more information, contact Foodshare
Visit www.foodshare.org or call (860) 688-6500

Take These Steps

Step 1) ***Sign up today!***
Complete and send in the enclosed Sign-up Form or sign up on line at www.foodshare.org. You can sign up through the day of the walk. However, the sooner you sign up to walk, the sooner we know we count on you to help Foodshare reach its 2005 goal. If we receive your Sign-up Form by March 21st, you may win a prize! See the Sign-up Form for details.

Step 2) ***Raise sponsor money***
Ask your family, friends, neighbors and co-workers to sponsor your walk. By making a donation or writing a check payable to Foodshare or Walk Against Hunger they become your sponsor. All donations are fully tax deductible. A cancelled check serves as your sponsor's receipt.

Do you or any of your sponsors work for a company with a matching gifts program? Aetna, CIGNA and UPS are among these. Obtain and complete the company's gift form to turn in on walk day and increase your pledge total.

The 2005 Walk Against Hunger goal is $300,000. What is your goal? Can you raise $75, $150, or $600? Your efforts can earn you some special prizes! (Read the section about PRIZES.)

Join our roster of top fundraising walkers by starting a letter campaign. **Visit www.foodshare.org for sample letters you can email or mail to family and friends asking for their support. Sending letters to raise pledge money is an informative and effective way to fight hunger!**

Step 3) ***Join us on Walk Day!***
(See section on WALK DAY.)

Can't join us on Walk Day? Then join us in spirit! As one of our Spirit Walkers, you can still sign up, raise money and be eligible for prizes. Whenever or wherever you walk, the most important steps you take are signing up and raising pledges to help fight hunger.

Spirit Walkers may turn in their pledge money to Foodshare the week before or after walk day, or have someone turn it in for them at check-in. On the Sponsor Pledge Form please check the box that says "Unable to attend walk day, I joined the Walk Against Hunger in spirit." We will send a letter acknowledging your support. You can visit Foodshare's web site to get a copy of the official walk route in Hartford if you wish to walk it some other time, which is completely optional.

Show Some Team Spirit!

Don't be a Lone Ranger -- Corral your family, friends and co-workers to form a team! Organize a team to represent your business or employer, school, civic group or faith organization.

To be eligible for recognition and prizes, teams must have at least four walkers, though many of our teams have more. Foodshare will award prizes to the top fundraising teams in each of three divisions: Business/Employer, Faith Group, School. (See PRIZES.)

Every member of your walk team needs to
1. Sign up to walk. (Your teammates should write the team name and captain's name in the space provided on the Sign-up Form.)
2. Raise sponsor money.
3. Join us on Walk Day!

Teambuilding Tools
Visit www.foodshare.org or call Foodshare at (860) 688-6500 for information and materials on organizing a team. There are newsletter articles, form letters, and guides available for your use. You can also arrange to have a speaker from Foodshare make a presentation about the issue of hunger, the work of Foodshare and its partner agencies, and the Walk Against Hunger.

Top Fundraising Walk Teams 2004

$11,461.09	St. Patrick/St. Anthony Church
$8,272.50	SBMilers
$7,052.26	The Hartford Against Hunger
$6,197.00	Immanuel Congregational Church (Hartford)
$4,675.27	Asylum Hill Congregational Church
$4,660.74	West Hartford United Methodist Church
$4,303.27	St. Mary's Episcopal Church
$4,257.23	Hartford Magnet Middle School
$4,133.00	St. Anthony's - Bristol
$4,068.00	St. Bart's Ties Up Hunger

SIGN-UP FORM
FAX to (860) 688-2776

Sign up today! Complete, detach and send this form to Foodshare by mail or FAX (860) 688-2776. (Sign up online at www.foodshare.org and download additional sponsor pledge forms.) Once we receive your form, you are officially signed up for the Walk Against Hunger. We know we can count on you to help us reach our 2005 goal.

Sign up by March 21st and get a head start against Hunger! If we receive your Sign-up Form by March 21st and you participate in the walk, your name will be entered in a special drawing to win a $50 gift certificate for groceries. Of course, walkers may still sign up after March 21st and participate in the Walk Against Hunger.

Last name_____

First name_____

Address_____

City_____ State_____

ZIP_____

Home phone _____

Work Phone _____

Fax _____

email _____

Employer
- ❑ Employer name_____
- ❑ My employer will match my contribution.

Team
- ❑ Please send me information about organizing a team.
- ❑ I am walking on a team:

Team Name _____

Team Captain Name_____

My team is representing a
❑ Business/Employer ❑ School ❑ Faith Group

My pledge raising goal is
❑ Less than $75 ❑ $75-$149 ❑ $150-$249
❑ $250-$599 ❑ $600 or more

Your stamp helps fight hunger, too. Post office requires .37 postage here.

Walk Against Hunger
c/o Foodshare
P. O. Box 809
Windsor CT 06095-0809

Prizes

- The first 400 Walkers to turn in $75-$149
  Receive a 2005 Walk Against Hunger Travel Mug or Key Tag Necklace/Lanyard
- The first 300 Walkers to turn in $150-$249
  Receive a 2005 Walk Against Hunger T-shirt
- The first 200 Walkers to turn in $250-$599
  Receive a 2005 Walk Against Hunger Sweatshirt
- The Walkers to turn in $600 or more
  Receive a 2005 Walk Against Hunger Wind Breaker or Sport Umbrella

Join The Chase Challenge

Raise $600 or more!

Double Your Money! Make Double The Difference!
The first 50 Walkers to turn in $600 on or before Walk Day will have that $600 matched by the Chase Family Foundations of Hartford.

The Chase Challenge is made possible by the Chase Family Foundations of Hartford

All walkers raising $600 or more will be entered in a drawing to win a dinner for two at a Hartford area restaurant.

Prizes for Top Fundraising Walkers

The walker turning in the most money on walk day will receive a travel certificate valued at $500.
Also, Foodshare will award gift certificates valued at $300, $200, and $100 to an area restaurant or a department store to the three walkers turning in the highest, second highest, and third highest totals respectively on walk day who designate Foodshare as their Benefiting Agency.

Prizes for Teams

Prizes will be awarded to the following teams in business, school and faith divisions for 1) turning in the most money on Walk Day, and 2) achieving the highest dollar average per walker. ***Teams must have four walkers raising a minimum of $1000 to be eligible for prizes.***

- ***Business/Employer***

an after hours reception for up to 20 people at a Hartford area restaurant

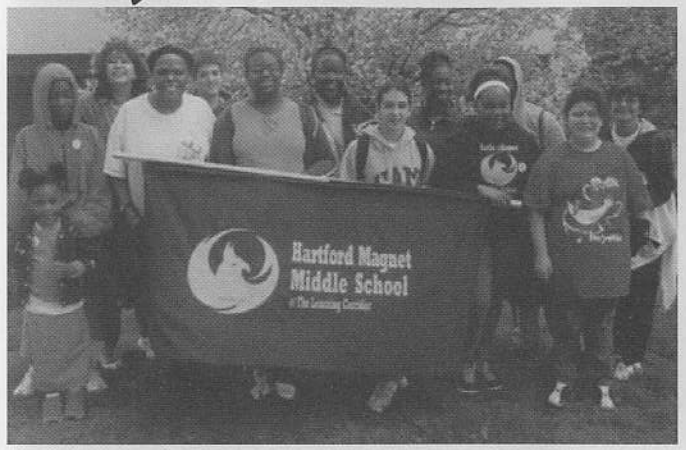
- ***School***

ice cream for up to 40 students

- ***Faith Group***

refreshments and certificates for up to 40 at the Bushnell Park

BL Companies was among the new business teams participating in the 2004 Walk



Hartford Magnet Middle School has been the top fundraising school team for the past three years.

Areas of the walk site are color - coded to help you find them!

Check-In Area

Gold	- Chase Challenge Check-in (for All walkers turning in $600 or more)
Green	- Team check-in tables
Orange	- Individual check-in tables
Blue	- Supply table near check-in

Near Check-in Area/Tower Building

Black & White	- Team Photos
Red	- Kids Activities

Parking Lot/Main Building

Silver	- Prizes/Incentives
White	- EMT & Water
Yellow	- Volunteer sign-in & Rest rooms
Pink	- Special Needs Check-in

Walk Day

Check-in	1:00-1:45 PM
Opening Ceremonies	1:45 PM
Walk Begins	2:00 PM

What if it Rains? The Walk will be held rain or shine (Visit www.foodshare.org or call Foodshare at 860-688-6500 in the event of severe weather.)

Please arrive prepared.

- Bring ALL of your sponsor pledge money.
- Write the total amount you are turning in on your Sponsor Pledge Form before you check-in.
- Complete all information on the Sponsor Pledge Form before you check-in.
- Wear comfortable sneakers or walking shoes and clothing appropriate for the weather.
- Bring sun bloc and a bottle of water if you wish. (To reduce waste and litter, water will be served in cups.)

Directions to The Hartford

From I-84, take the Asylum Street Exit
(From the west: take exit 48A, stay in left lane of exit, and go left off exit on Asylum Street;
From the east: take exit 48 and go right on Asylum)
Continue up the hill, bearing right at the fork to Asylum Avenue. The main entrance to The Hartford is on the right, the second light after the fork. ***Ample, free and secure parking*** is available at The Hartford.

For details on accessible parking and check-in, people with disabilities should call Foodshare before walk day.

Check-In Information

- All walkers turning in $600 or more on Walk Day should go to the Chase Challenge table
  Otherwise, the Check-in Area will have tables arranged alphabetically by team name for team walkers and last name for individual walkers.
- Walkers on teams should check in at the table for their team.
- Individual walkers (walkers not on teams) should check in by their last name.

The Walk Route

- The three-mile walk starts and finishes at The Hartford
- The walk route has two stops with rest areas and refreshments
- The start/finish point features music, entertainment, and activities for children and adults

For Your Safety

- ***Bicycles, skateboards, and headsets are not permitted***
- ***Pets are not permitted on the walk site. Please do not bring dogs, leashed or unleashed***

Sponsor Pledge Form

Contributions are fully tax-deductible.

Please complete ALL information

Walker's Last Name

Walker's First Name

Address

City State ZIP

( ) Home Phone number

( ) Work Phone number

Employer

Team Name

Team Captain

Waiver: In consideration for accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights for damages I may have against any parties or persons connected with the Walk Against Hunger. I attest and verify that I am physically fit to participate in any portion of the Walk. I grant Foodshare permission to use any photographs, film, or videotapes of this event for any purpose.

signature

signature of parent or guardian if walker above is under 18 years of age

❑ "Unable to attend walk day, I joined the Walk Against Hunger in spirit." (Please see Step 3 on the "Take These Steps" section.)

Sponsor Name	Donation
1.	$
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
Please write the total amount in the space provided before you arrive to check in. Total	$

Visit www.foodshare .org for a pledge form and new ways to raise all your pledges online!

Make Checks Payable to Foodshare or Walk Against Hunger

Benefiting Agencies

All undesignated money plus a percentage of all other proceeds will benefit Foodshare, the regional food bank serving over 300 anti-hunger programs throughout Hartford and Tolland counties. Five percent of all proceeds will go to End Hunger CT! - an education and advocacy organization.

You may designate a portion of your pledge money for a particular agency, by checking one below. Check only one agency, or you may write in an eligible food assistance program in Greater Hartford in the space provided. (Go to www.foodshare.org for more information on agencies)

- ❑ **Foodshare**
- ❑ Asylum Avenue Baptist Church
- ❑ Center City Churches (Hartford)
- ❑ Chrysalis Center (Hartford)
- ❑ Friendship Service Center (New Britain)
- ❑ Horace Bushnell Children's Food Pantry (Hartford)
- ❑ House of Bread (Hartford)
- ❑ Loaves & Fishes Ministries, Inc. (Hartford)
- ❑ MACC Charities (Manchester)
- ❑ Manchester Church of the Nazarene Loaves & Fishes Food Pantry (Manchester)
- ❑ Mercy Housing and Shelter Corporation (Hartford)
- ❑ My Sisters' Place, Inc. (Hartford)
- ❑ Saint Monica's Episcopal Church (Hartford)
- ❑ Saint Vincent DePaul Society of Bristol, Inc. (Bristol)
- ❑ United Labor Agency (John J. Driscoll) (Hartford)
- ❑ Other: I would like a portion of my pledge money to support the following food assistance program located in Greater Hartford:
  Agency name: _____
  Town located: